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Issue 330

July 2024

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Welcome to the Ufford PUNCH

From the Editor

Welcome to July. The season of mist and mellow fruitfulness, when the articles sprout like prize plums and the editors become lazy, too lazy to even find a poetic quote for the correct season. Autumn is close enough. Do plums even sprout? We do not care much so long as the metaphorical basket of articles fills itself with no effort from us, cock a brim with village events and scheduled happenings a-plenty.

Unfortunately our regular and much-valued gardening contributor, Nikk Slowey, had a mishap with her computer and was unable to contribute an article this month. We decided that as a computer had caused the problem a computer should solve it, so we asked ChatGPT to provide some AI-generated gardening content which we printed on page 22. Untouched by human hand the advice provided was generic but the style in which it was written was surprisingly convincing. Apart from cutting it slightly for reasons of space this is the exact output the chatbot created when asked to "write 500 words of summer gardening tips in the style of an angry village yokel".

I used the "yokel" option because it produced the most stylistically interesting responses out of a number of options. In retrospect I hope that word isn't offensive to any villagers, and that my use of it isn't considered cultural appropriation by those in the yokel community who embrace the term. Mirriam-Webster says it may derive from a term for a green woodpecker which actually sounds quite a compliment.

The biggest event (and most newsworthy, having been covered by ITV and several local radio stations) we're covering this month is Nick Apperley's epic charity ride from Ufford to Sennen in Cornwall. Nick has MND, or motor neurone disease, and has thrown himself into raising money on behalf of charities who are fighting it. See page 14 for the full story. Hopefully you will also find a report on the MND fund-raising Annual Ball at the White Lion if a reporter sobers up in time to write it.

Kevin Young

Have you heard it on the PUNCHLINE?

Get the latest village news first via our digital newsletter 'PUNCHLine'.

If there is anything you want to broadcast, write your message and send it in Monday - Saturday for circulation to all our subscribers as soon as possible.

To subscribe, or broadcast news, email punchline@uffordpunch.org.uk

Cover photo by Jan King

Ufford PUNCH August 2024

Deadline for submissions: 12th July 2024

UPC Ufford Parish Council News

Parking on the Pavement

The law regarding parking on the pavement is very complex. However, blocking the 'Highway' so that other users cannot use it as intended, is certainly an offence. In Ufford we have very few pavements, but where we do, these are well used and they should not be blocked by parked cars and vans.

Next time you pull up outside a property please think about pedestrians; have you left them the required room? What if they are in a wheelchair or pushing a buggy; are you forcing that person to walk in the road? If you are stopping for any longer than a few seconds, and the road is not wide enough for another vehicle to pass, then you should park elsewhere.

If you experience a car blocking the pavement we strongly recommend you make a note of the registration number and report it to the Police using the online tool at https://www.suffolk.police.uk/ro/report/ocr/af/how-to-report-a-crime/ If regular offenders are reported they will soon get the message!

Welcome to two new Councillors

At the April and May meetings of UPC we welcomed two new Councillors: Angela Linforth and Tig Thomas.

Angela moved to Ufford 20 years ago. She is a journalist and editor who has worked for titles as diverse as the Oldie, the FT, the Evening Standard, Homes & Gardens and Homes & Antiques. She currently works full time as the editor of This England magazine. Outside work she swims off our beautiful coast (all year round) and performs with the Ufford Players.

Tig has lived in Ufford for eighteen years. She works as a book editor and anthologiser and still has one of her four sons living at home. In her spare time she keeps bees, gardens, and takes long walks.

Additional Football Training Permitted

Following a request from the Woodbridge Youth Football Club, Ufford PC have permitted a two month trial of Football Training on the pitch during the week. The training will take place a maximum of two nights within any one week (not Mondays) and will be only during the Summer months.

The Parish Council have also allowed the Club to host early morning Sunday matches. As stated, this is a trial. If you have any comments about this trial, please contact the Clerk at ufford.pc@hotmail.com

UFFORD PUNCH NOTICEBOARD

Peter Ernst

Peter Ernst (91) sadly lost his battle with cancer and died peacefully with his wife Margo by his side on Wednesday 19th June.
Funeral details to be announced later. Should you wish to attend it is Peter's wish that no black is to be worn. Donations can be made to various charities in place of flowers. There will be a full obituary in next month's Punch.

Watch this space. No, on second thoughts, don't

If there is one subject of major concern to a lot of villagers it's the plans by energy suppliers Cadent to shut down access along much of the Yarmouth Road through Ufford for several months this summer, in order to replace the gas main. Since a somewhat stormy meeting in May, Cadent have been exploring their options; there may be more news around the start of July but as of press time we don't have anything to report. If you want to be kept up to date then **make sure you're signed up with PUNCHLine** (see page 3) to receive any bulletins. You can also find information on the Ufford Parish web site (search "Ufford web") under the Our Village menu item.

We did hear recently that a set of keys were returned safely to their owner after they were reported found on PUNCHLine. This is the power of local media. So if you've ever lost anything a thimble, a gold ring, your sense of self-esteem — you NEED to get signed up now.

DOGS, DOGS, DOGS

We at the Punch have a vested interest in the Dog Show because we organise it, under the guiding hand of founder Ros Smith. So if it doesn't succeed we have egg on our faces (yes the barbaric custom of throwing eggs at underperforming committee members still persists. Cleaning up after meetings is a tiresome affair).

So even if your dog has a tail as stiff as a board and the temperament of a Rottweiler on steroids, come and enter it in the waggiest tail and most adorable classes. We won't judge. Well yes, we will actually. But it's all in fun. Hence the name.

Family day at the White Lion

Fun, frolicking, friendship and face-painting. Also busy bird box building. The pictures say it all - which is fortunate because we don't have any words!

Greetings From ITALY

Buying a van and travelling Europe. What could go wrong?
Here goes: On day one having an engine coolant leak and spending 24 hours in a garage where the mechanics don't speak English in France's most boring town. Then, scraping a wall in Lake Como, before struggling down a mountain with smoke billowing from the brakes.
The upside is camping on the shores of Venice lagoon, staying at the top of the Alps, swimming in an Alpine lake and driving deep into the Dolomites.
At the time of writing I'm sat in a bar on the beach about to enter Slovenia. I've enjoyed Italy, maybe not their driving, but I'll be back shortly when I return to Naples in 15 days

All the best, Kit Thomas

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13th Anniversary

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Congratulations to Nick Apperley on completing his incredible bike ride from Ufford to Cornwall, raising funds for three MND Charities

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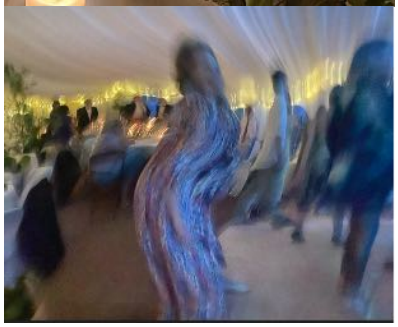
The Ufford Summer Ball

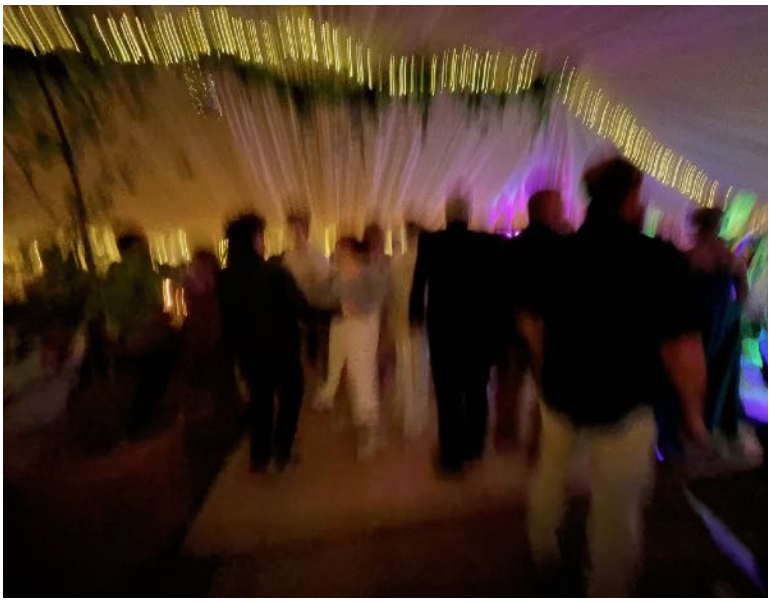
It was the gala event of the season, a gathering of influencers, disruptors, movers, shakers, and the preternaturally cool from across Ufford, all dressed to impress. There were rumours that we could even expect a Marquis. Turned out it was a marquee, but still pretty classy and beautifully decorated in a Midsummer Night's Dream theme by Amanda Baker and her dedicated team of helpers. It even featured real trees! Lured in by a Prosecco like lambs to the shearing shed, the guests were well fed while being entertained by Tom Mumford, then as the wine took hold Andy Gardner stepped up and started the auction. His unorthodox style tended more toward dodgy car dealer than Sotheby's but damn was he effective, whipping up a frenzy of bidding for an alluring list of lots. And it was all in a good cause - donations went to Nick Apperley's MND charities. After the auction, as darkness fell local band May Contain Nuts came onstage and stormed through a relentlessly danceable set; the movers and shakers moved and shook while others gathered and talked outside in the warm summer darkness.

The top bids were £800 paid by Sarah Mann for Tom Mumford's musical entertainment donated by Alex and Keith Bennett, £600 from Neena Atkinson for a day at Decoy Studios donated by Cenzo Townsend, £550 paid by Alex McLean for the Ed Sheeran signed Ipswich Town shirt donated by Nick Apperley, £450 paid by Carrie Ransom for Rick and Sarah's weekend for 2 in a Clapham Common apartment and £400 paid by Shou-Wen Tang for Nigel Walker's one hour flight round Suffolk.

In total, **over £10,000** was raised on the night. A big thank you to everyone involved in the organisation of such a fantastic evening.

Kevin Young





WHITE LION PUB

Lower Street, Ufford

2024

Summer at the White Lion

Dr Sam Newton FSA - Thursday 4th July 7pm

By popular demand a talk by local Anglo-Saxon Historian "The Dream Ships of Suffolk"

Ufford Arts & Crafts Fair - Weekend 6th / 7th July 10:30am to 3pm

Marquee stalls available; contact Andy below. Visitors can buy goods from the traders.

Ufford Sausage Festival - Weekend 13th / 14th July 12 noon to 9pm

Many local butchers will supply their best breakfast sausage and a signature sausage. A distinguished chef and former gourmet food manufacturer will judge the champion sausage, with customer feedback. There will be several sausage dishes as well as sausages cooked natural. We are taking bookings so come along and join like-minded sausage fanatics.

Open Mic Night - Thursday 18th July 7pm

Lobster, Crab & Steak Festival - Friday 19th to Sunday 21st July

See website below for menu. Book early to avoid disappointment.

New Opening Times for July

Monday 12 noon-9pm Tuesday - Thursday 12 noon - 10pm

Friday - Saturday 12 noon - 10:30pm Sunday - 12 noon - 9pm

For additional information or to book a table or an event contact Andy on 07538 600986 or 01394 460770 info@uffordwhitelion.co.uk

stephen_thurlow@hotmail.com Please reserve a table to avoid disappointment 01394 460770

Please check our website for details of our events: www.uffordwhitelion.co.uk

Are you wild about slugs, snails, snakes, frogs and toads? Possibly not but they bring plenty of benefits to our gardens. Not to our hostas I hear you all cry! Try crushed eggshells, pine bark mulch, copper tube, horticultural grit, or learn to love and live with them.

Slugs and snails eat rotting plants, fungi, dung and carrion and help to recycle nutrients back to the soil. They will even eat algae from greenhouse glass. They help with seed dispersal by eating them and depositing them throughout the garden.

Please don't use slug pellets or harmful chemicals as these can be eaten by other creatures . Slugs and snails make a very tasty meal for hedgehogs, beetles and much of our bird life, especially blackbirds and thrushes. who will smash snails on a hard surface to crack open the shells.

Frogs and toads love damp areas and long grass and will also help with control. To encourage them make a wildlife pond. It does not need to be big but could be in a small container and will also attract birds, or leave your grass long in a damp area.

Beetles love rotting wood so leave a small log pile in a wild area of your garden or build a stumpery: dig a hole about a foot deep, place logs turned on end sticking out of the hole at different heights and fill with soil and leaves. You can even drill holes in the larger stumps for bees but make sure the holes slope down so the rain can't get in.

Wild about snakes? There are 3 types in the the UK. Only the adder is venomous, it has bold zigzag markings and is found on heaths, moors and in woods, although our Parklands Wood is probably too wet for the adder. The smooth snake lives on heaths and is not found in Suffolk.

The grass snake, Britain's longest snake, can be found in many Ufford locations as it loves water meadows, wet ditches, rivers and compost heaps. It is a good swimmer and can swim underwater to catch food. It eats frogs, newts, fish and small mammals. It often plays dead as a defence mechanism as this one did when I photographed it. **Rilla Forge**

Adult grass snake (above) and baby (left). Photos by Rilla

Wild About Ufford will be at the Ufford Village Summer Show along with RSPB and Transition Woodbridge on Saturday 13th July.

The show brochure and entry forms are available at The Crown, The White Lion, from the secretary Sheila Creswick and online at www.uffordgardeningclub.org.uk

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British Coastal Path coming to Ufford .. soon?

A great national project has been running for decades to create an uninterrupted round-Britain coastal public path, and it is now reaching towards Ufford.

The path, called The King Charles III Coastal Path in England, is 2,700 miles long and connects to the completed 870 miles of the Welsh Coastal Path and eventually to a Scottish Coastal Path which is aimed to be completed by around 2030. The English section should be 95% complete by the end of 2024 with the remainder to open soon after…

For us in Ufford, the exciting new section that has just been approved by the Government runs around the Deben Estuary, from Old Felixstowe to Bawdsey via Wilford Bridge (see map). Whilst much of this existed already as public footpaths, new paths are being created with one being of particular interest to us. The private road from Wilford Bridge into the Sutton Hoo estate becomes publicly accessible, opening up lovely walks for us near home. This includes access to a new path just opened by the National Trust within the Sutton Hoo Estate which heads down to the Deben with fine views over Woodbridge.

Further, a new footpath is being opened from Ramsholt up to Bawdsey. Together these are creating exciting new walking options. For the ambitious, you will soon be able to make an 11 mile walk from Ufford to Bawdsey, all off road, stopping for lunch at the Ramsholt Arms and returning by bus. And for the heroic, you can do a round-the-estuary tour of 20 miles, dining in style in Old Felixstowe before crossing on the ferry and perhaps camping overnight on the beach at Bawdsey.

The only fly in the ointment is timing. Quite when our section will be open is unclear to me – I cannot find any actual commitment. But hopefully it will be soon.

Adam Thomas

Map from report compiled by Natural England's map of the Felixstowe Ferry - Bawdsey stretch of the England Coast Path (route shown in blue): www.gov.uk/englandcoastpath

Hadrian's Wall Walk Completed!

Mandy and her friend Katie at the end of their walk at the Wallsend Monument

We caught up with Mandy Mitchell from Lodge Road who in our May edition was just setting off on her walk to raise money for the St Elizabeth Hospice in memory of her husband Kevin.

The Monument at Wallsend says the length of Hadrian's Wall is 84 miles, but Mandy reported that she and her friend Katie Webber walked well over 100 miles on their full coast to coast journey from Bowness-on-Solway to Wallsend.

Mandy told us "The walk was much tougher than we had imagined, but it was an amazing experience and we were delighted to come home with no blisters! Our favourite day was also one of the toughest, walking for 9 hours in blazing sunshine up many huge hills between Banks and Once Brewed, but the views were absolutely beautiful and well worth the effort."

To date Mandy has raised an amazing £6,735 and would like to thank those Ufford residents who contributed to her JustGiving page (see QR code), the page will remain open for a few more weeks if you wish to donate. **TH**

Nick's Suffolk to Sennen Cycle Challenge

From the Viewpoint of the Man in the Van, William Catchpole

Discussing a fund-raising challenge is somewhat different from the practicalities of its performance, but gradually over beers and some red wine the initial sketch morphed into a real prospect. Nick had a test ride of an e-tricycle in 2023 and, at the request of friends, set up a Gofundme page which very quickly reached its target so he could confidently order the trike.

New year arrived and the plan to cycle from Suffolk to Sennen in June 2024 emerged - with just six months to train and plan the route. Trailer or van? Ultimately, we decided on a friend's ex RAC orange van - a great decision because it alerted motorists and was much easier to manoeuvre on the tight lanes we encountered.

Leaving Ufford - Photo by John Colles

Nick's two sons, Harry - aka the Strava King - and Joshua, came up with the scenic route and a distance - 444 miles in 7 days. Fab artwork was produced for the van, cycle jerseys and supporters' polo shirts.The word went out and a new charity page was set up on Givewheel (https://www.givewheel.com/fundraising/1930/nicks-fundraising/ - QR code above) to divide funds equally between Nick's three chosen MND charities.

Ufford residents embraced the challenge and, when the day came to start pedalling, their generosity was inspirational. Cakes, fruit and protein bars were loaded up - Mary Berry would have been in a frenzy of excitement. The sensational send-off from the Ufford Crown echoed with cheers, whistles and klaxons.

The miles rolled by, and the ever-changing ardent cyclists formed a peloton around Nick. Well-wishers waved banners; it was a carnival but also a very serious statement of support for a "good bloke" who had been diagnosed with a cruel disease.

The route took a wide sweep North of London and weaved from Saffron Walden to Marlborough, through overgrown country roads dotted with quintessential English chocolate box villages with greens and thatched cottages right out of a Thomas Hardy novel. The hills became steeper and the riders all had to dig deep. Lunch breaks with family and friends en-route, along with joyous suppers with new riders and old school contemporaries, were a marvellous tonic for Nick and the escort riders with their weary limbs. The hours of sleep were not enough and I certainly was very keen to get a strong cappuccino down early every morning.

Bodmin Moor was perhaps the most magical section. On into Cornwall and a delicious, warm Cornish pasty. Could I recall the limerick about St Ives? No, but it really did signal the end was near. The peloton was now quite large and strung out, with about 20 minutes between the front and the back. They all waited for the back markers and escorted Nick ceremonially down the hill into Sennen Cove for a rowdy and exuberant welcome. Bravo Nick and bravo Jill!

The euphoria and adrenaline still pumping gave everyone more than enough gas to get a drink in hand and toast this amazing achievement long into the evening.

\

By The Numbers

Miles: 3500
Kilometres: 5600
Counties: 10
Days: 7
Cyclists: 48

Supporters at Send Off: 150 approx
Supporters on Route: 51 friends and family (plus uncountable onlookers and well wishers)

Money Raised: £25,000 and counting!

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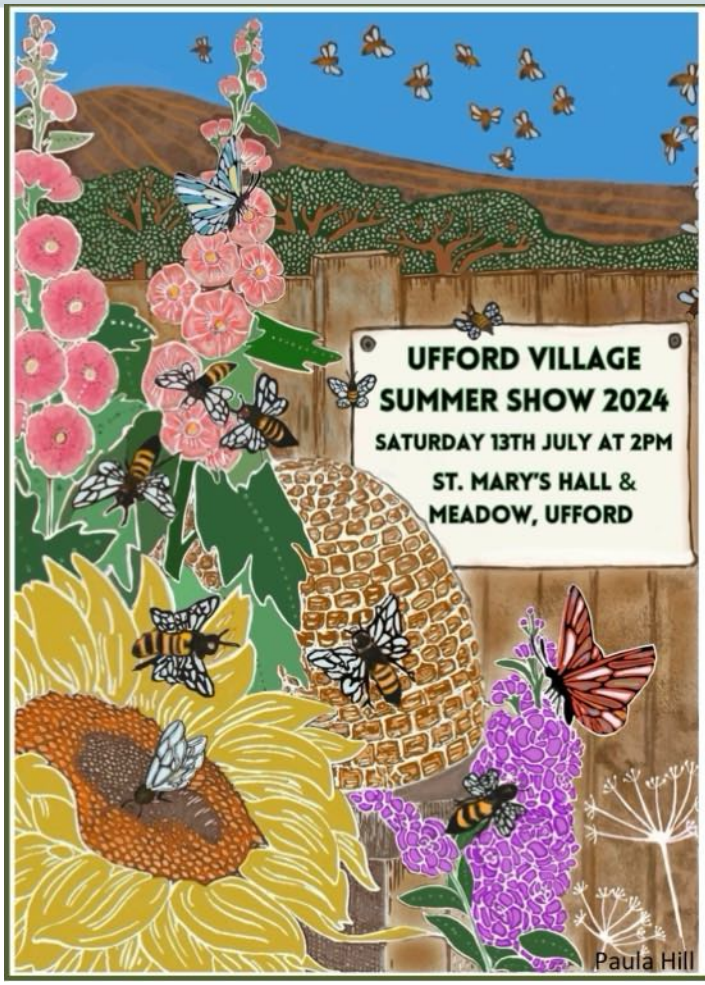

Welcome to the Ufford Village Summer Show 2024

Hosted by The Ufford Gardening Club

The Summer Show Events

- Horticultural and Art Competitions
- Fun Dog Show
  (Sponsored by The Ufford PUNCH Magazine)
- Games for Children and Adults
- Wild About Ufford
- Pimm's Cups
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- Prizes, Trophies and Awards

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Nature Notes by Chris Reading

The two birds I have mentioned most recently (Swifts and Nightingales) migrate thousands of miles between the UK and Africa, and yet they look at home here. In contrast, the bird I shall focus on this month is resident in the UK – but seems to belong to a different time and place, somewhere tropical and exotic. I am talking about the Kingfisher. I'm colour blind, so see the bird differently to most of you. To paraphrase Eric Morecambe, I see all the right colours but not necessarily in the right order. Even so, I can appreciate their spectacular beauty. Kingfishers can be difficult to see when stationary. They prefer to perch just above the water on an overhanging branch, so they can spot and snatch their prey. That's when they are most likely to catch your eye, or when they fly with rapid wingbeats just above the water. If you are lucky enough to see one on a bright sunny day, it will be a kaleidoscope of green, blue, orange, red and gold. When breeding, they burrow into soft riverbanks to form a tunnel up to 140cm long, with a nesting chamber at the end. Their numbers can fluctuate wildly, especially following a hard winter. They are also affected by water quality and the consequent availability of prey. Let's hope that this beautiful bird continues to give us joy all year round.

Nature Knowledge – A lot of people know that sunflowers rotate to face the sun, hence their name – a phenomenon known as heliotropism, caused by different sides of the stem lengthening at different times of the day. But that is only true of young plants. As they mature and stop growing, they mainly settle to face east – possibly because bees and other pollinators are attracted to the flower heads warmed by the morning sun. Isn't nature clever?

Photo by Chris

The UAHG visit Milden Hall

The Ufford Art History Group paid a fabulous visit to Milden Hall near Lavenham, a gloriously unspoilt and much-loved 500 acre working farm which has been in the Hawkins family for seven generations spanning over 200 years, and was first mentioned as belonging to Walter the Deacon in the Domesday survey of 1085.

Juliet and Christopher Hawkins welcomed us with delicious cakes, teas and coffees in their magnificent Tudor barn, and gave us a brief history of the home where they have raised their three daughters. The imposing Georgian facade of the Hall appears to have been altered little since the mid-18th century. A few clues hint at the building's earlier origins. The twin cross-wings and unusually well preserved array of sash windows, including three fine Venetian windows and one trompe-l'oeil seem at first sight to have the perfect symmetry expected of Georgian architecture, but close inspection reveals the Georgian grandeur is skin-deep, disguising the outmoded proportions of the timber-framed Tudor house that lies within. Half the house remains late Tudor with small rooms, linen fold panelling and an enormous pantry which is very much part of this family home - pots of jam and chutney line the shelves ready for afternoon teas which they serve in

their walled garden

The Hawkins family are passionate and enthusiastic local historians and conservationists. The farm retains ancient wildflower meadows, species-rich hedges and ponds alive with wildlife. It preserves one of the finest late 16th century farmyards in the country with two large aisled barns and two cart lodges, one containing a first floor granary.

We ended our fascinating trip with a relaxed lunch in Lavenham.

Alex Bennett

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Glorious Gardens Galore!

This year there were TWO open garden events within a few days of each other - the Gardening Club annual event attended by Rilla Forge, and the St Elizabeth Hospice Great Garden Trail which inspired Sue Wright

The Gardening Club open gardens took us around three very lovely and very different gardens. Luckily the weather was better than expected and the sun shone showing the gardens so favourably in the evening light.

We were visually excited by some gorgeous planting combinations, from one evolved over 30 years to another planted just 4 years ago. We saw wild flowers, water features, ponds, terraces, and immaculate vegetable gardens. There were many discussions about the wet weather, how to cope with the army of slugs attacking the hostas, and numerous internet searches to identify plants.

The event was very well attended but that might have had something to do with the ambiance of the whole evening and of course the wine. **Rilla**

It was a treat for me to be tasked with writing about the gardens showcased in the Great Garden Trail for the Punch whilst gathering tips for my own patch of dirt.

Each of the gardens I visited provided unique inspiration. At 6 Church Lane I enjoyed a glass of Pimms and admired the vegetable plot and manicured lawn. Beechwood, cleverly accommodating steep slopes to provide a haven of peace and tranquillity, offered far reaching views over the valley. Meadowview in School Lane, with its herbaceous borders, English and French roses, also had a stunning secret garden inspired by the designs of Gertrude Jekyll. Maple Cottage featured a fine kitchen garden.

After a break for tea and cake at the village hall I was spellbound by the candelabra primulas at Meadowbrook in Spring Lane that fringed the tiny stream like a bejewelled necklace. The garden at Walnut Tree Cottage, tucked away behind the old barn, took its inspiration from Beth Chatto; I loved the contemporary and traditional planting, giving year-round interest.

There was care and attention to detail in every one of the gardens I visited. Lawns with razor sharp edges, not a weed in sight, sheds gaily painted and multi coloured borders mingled with texture. I rushed home and into my own garden to tidy it up, put to shame by the green fingered gardeners of Lower Ufford. **Sue Wright**

Anne Barratt of Woodbridge Friends of St Elizabeth Hospice thanked the Ufford garden owners for their support. The £1945.85 raised was a record for the village.

Photos from both Open Garden events by Rilla and Sue. Clockwise from top:

Knoll Cottage, Meadowbrook, 5 Tovells,

6 Church Lane

Meet the New Neighbours!

British Solar Renewables / Intermediate Capital Group
Proud new owners of 26 hectares of land at Park Farm, Loudham Hall Road

Following a meeting of the East Suffolk Council on 28th May, it's time to meet some new neighbours to the area, who have moved to Park Farm, Loudham. They have a great long-term plan for their new residence (namely, saving the world for future generations) and a few more mundane short-term plans (like making market- beating returns for major corporate investors).

So please join me in welcoming British Solar Renewables (BSR). Having read their PR blurb, they certainly seem like a nice lot, and I now can't help picturing them as a sort of solar-panel-installing corporate lovechild of Greenpeace and the British Badger Trust.

But whatever their origins, they now have permission to install 39,508 solar panels, 19,980 panel posts, 2 shipping containers, access roads, a small substation, transformer stations, an overhead cable, a 2.2m galvanised perimeter fence, and 6m high CCTV cameras. An area equivalent to 36 football pitches will be covered. In return we will get 21 megawatts of power annually, enough to supply 5251 homes, although that figure will have to be revised down a bit if one of those homes is mine and the children still refuse to turn the lights off when they leave a room.

It is possible that some of the more climate-sceptic inhabitants in the village might see this as unwelcome intrusion – a semi-industrial mass of plastic, glass, and metal right on our doorstep. If the panels are made in China (over 90% of panels in the UK are, but I have no evidence that these particular ones are in that number), then there are a host of other geo-political and ethical questions to consider.

There are, however, some benefits for the locals. The industrial farming mono-culture (formerly known as food crops) will be replaced with a thriving bio-diverse planting scheme (formerly known as weeds), and any birds, bees and badgers that can find their way over or under the fence will have a nice protected environment. We'll also get some new hedges, and get to help save the world from climate catastrophe, which can't be bad.

No doubt everyone will have strong views on this development (apart from some members of the planning committee who abstained on the vote), but I firmly believe that the best way to see who is really happy is to look at the finances, or 'follow the money' as someone once said.

And in this case, it's the Intermediate Capital Group (ICG), a FTSE 100 Private Equity Company with £98 billion of assets under management, who have had a controlling interest in BSR since 2022 via their ICG Infra Fund. For the uninitiated, private equity funds make money by raising capital from sovereign wealth funds,

asset managers, pension funds, and wealthy individuals. They then invest the money in various businesses (like BSR) to provide growth and income back to these investors. ICG are clearly a very successful example of this - last year profits after tax were £474m after tax, up 132%, and the CEO had a total renumeration package of £6.6m. Trebles all round as they say, and for us, big business has certainly come to town….

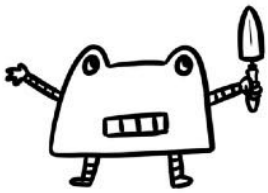
We mere mortals of course can own a part of our new neighbours by buying the shares on the London Stock Zxchange (LSE: ICP). They yield a respectable 3.6% and have gone up 55% in the last two years, which makes for happy shareholders (the 3 biggest of which are the big US financial firms Blackrock, Vanguard and Welling).

Important smallprint: this is not an Ufford Punch share tip, stock prices may go down as well as up, you should always consult an expensive financial advisor before doing anything, other shares are available etc, etc.

Whatever your views, please join me in extending a warm 'Energy Coast' welcome to our new neighbours: A giant international Private Equity firm with return-hungry investors, installing just under 40,000 solar panels on workable farmland in a sensitive rural setting, and saving the world as they go. What could possibly go wrong? They'll be around for 40 years, or at least until they offload the asset for something better, so we had better get used to them!

Ufford's City Slicker

Summer Gardening Tips from the Angry Village Yokelbot



Unfortunately our regular contributor Nikk Slowey was unable to provide a gardening article this month due to computer problems. This replacement article was written (FOR ONE MONTH ONLY!) by celebrity guest gardener ChatGPT. See the editorial on page3 for more details. Illustrations by (mammal) Emma Young

Alright, listen up, you lot. I've had about enough of seeing gardens go to ruin just because folks can't be bothered to do things right. If you want your summer garden to thrive, you'd better pay attention and get your act together. Here's some no-nonsense advice from someone who's seen more failed gardens than you've had hot dinners.

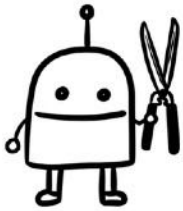
Watering: Stop Being Lazy

First off, if you think a light sprinkle of water is enough, you're dead wrong. Plants need a proper drink, not a pathetic sip. Water your garden early in the morning, before the sun's high enough to fry an egg on a stone. And don't just wet the leaves – get that water deep down to the roots where it's needed. A good soak once or twice a week beats a dribble every day. If you don't water deep, you're just training your plants to be weak and shallow-rooted. Is that what you want? I didn't think so.

Mulching: It Ain't Optional

I don't care if you use straw, grass clippings, or old leaves – just do it. Mulch keeps the soil cool, holds in moisture, and smothers those blasted weeds. If you're too lazy to mulch, you deserve the weeds you get. Spread a thick layer around your plants and stop whining.

Pruning: It's Not Rocket Science

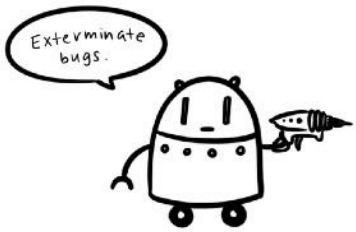


It's basic common sense. Get yourself a decent pair of pruners and cut out the dead and diseased parts of your plants. Trim back any growth that's crowding out the rest. Air circulation is crucial, especially in summer when diseases spread like gossip in the village. If you let your plants grow into a tangled mess, you're inviting trouble. Prune them right, and they'll grow stronger and healthier.

Feeding: Don't Starve Your Plants

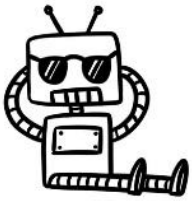
Your plants aren't going to thrive on water alone. They need food, and I'm not talking about that rubbish you find in fancy garden stores. A bit of well-rotted manure or compost goes a long way. Mix it into the soil before planting and side-dress your plants a few times during the growing season. If you think you can skip this step, you're fooling yourself. Healthy plants need nutrients, and if you can't be bothered to feed them, you might as well pack it in.

Pests: Get Your Hands Dirty



Get out there and handpick those bugs. Squash them, drown them, do whatever it takes. Use natural remedies like neem oil if you must, but don't rely on chemicals to do all the work for you. Encourage beneficial insects like ladybugs and lacewings – they'll help keep the bad bugs in check. If you see a pest, deal with it. Don't wait until your plants are chewed to bits.

Enjoyment: You've Earned It



Finally, if you've followed my advice, maybe – just maybe – you'll end up with a garden worth looking at. Sit back with a cool drink and admire your handiwork. But don't get too comfortable. A garden needs constant attention, and if you slack off, you'll be right back where you started – with a mess of weeds and withering plants.

So there you have it. Summer gardening tips from someone who's fed up with seeing people do it wrong. Get out there, get your hands dirty, and for heaven's sake, do it right.

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UFFORD DIARY DATES FOR JULY

EVENTS

1st July (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
4th July (Thu)	Dr. Sam Newton Talk (Dream-Ships of Suffolk) - White Lion 7.30pm	
6th-7th July (Sat - Sun)	Ufford Arts and Craft Fair at the White Lion	
13th July (Sat)	Ufford Gardening Club - Village Summer Show 2.00pm	
15th July (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
16th July (Tue)	Ufford Parish Council - Meeting 7.00pm	SMPH
18th July (Thu)	White Lion Open Mic Night 7.00pm	

CLASSES AND CLUBS

Tai Chi Classes	Mondays at 2.15pm	UCH
Tennis Club	Monday and Friday from 5.00pm	UCH
Boules	Tuesdays at 2.00pm	UCH
Happy Babies	Thursdays 9.30am - 10.30am and 10.45am - 11.45am	UCH

BRIDGE CLUBS

Ufford Friendly Bridge Club
Mondays 6.30pm **UCH**

U2 Bridge Club
Wednesday 3rd, 17th & 31st July - 1.45pm **UCH**

WHERE?

SMPH	**St Mary's Parish Hall**
UCH	**Ufford Community Hall**

The PUNCH Directory

Schedule of events and classes are on the diary dates above

Boules (by tennis court - UCH)
2pm Tuesdays—(Summer)

Bridge Classes
Mike Fisher
www.mikefisherbridge.com

Carpet Bowls
Di Fulcher 01394 460551

Community Hall
Bookings.uch@gmail.com

Cycle Club
Stephen Thurlow 01394 460770

Deben Probus Club
John Hickling 01728 746322
johnhickling@uwclub.net

Friends of Ufford Woods
Mike Hawthorne 01394 420241

Happy Babies
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www.ufford.suffolk.cloud

Parish Church Committee
Karen Eyres 01394 460455
k.eyres@btopenworld.com

PUNCHLine
Lyn Taylor 01394 460253
PUNCHline@uffordpunch.org.uk

St Mary's Parish Hall
Karen Eyres 01394 460455
k.eyres@btopenworld.com

Tennis Club
Chris Cage 01394 461082

U2 Bridge Club
Adrian Smith 01394 461179

Ufford Art History Group
Jenny Searle 01394 460317

Ufford Arts Festival
Jeremy Eyres 07739 330398

Ufford Basketball Club
Daniel Metz
uffordbasketball@gmail.com

Ufford Friendly Bridge Club
Lyn Taylor 01394 460253

Ufford Gardening Club
Sheila Creswick 01394 547658
sheila@creswick.uk
www.uffordgardeningclub.org.uk

Ufford Players Theatre
Jackie Wilks 01423 333167

Ufford Tai-Chi
Ray Norris 01394 383076
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Ufford PUNCH
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Church Office: St. Andrew's Church, Station Road, Melton, Woodbridge IP12 1PX T: 01394 387491
Church Wardens of Ufford: Karen Eyres T: 01394 460455
David Perfect T: 01394 460363

Throughout my life I have always believed in God. It all started just aged 5 years old when I heard my class teacher read the Easter story. Never in a million years did I believe that some 45 plus years later I would be a priest.

God calls different people to different things, and often leads us to places we least expect. God loves each of us uniquely and we all have our part in God's plan.
I completely understand and respect that not everyone believes in God nor perhaps do they want to know Jesus. In my view what this means is that we can all be true to ourselves and no matter what we do or don't believe may not be what our neighbours believe or even members of our own families.
What I hope is that each of us will continue to find a common ground to grow together as a community of people who are willing to share in thanksgiving for one another and to carry on being a loving and caring community.
As we move into the summer holidays, I hope that you will all find space to rest , to catch up with friends and family, and to be refreshed and renewed.
We all have a different story to tell, we all have different stories to hear. So let us tell and hear with open hearts, so that we are able to understand one another and be one with the world. And if you do believe in God, in Jesus Christ, he wants us all to be one, whoever and wherever we are.
Wishing all a happy and safe restful summer.
With my love and prayers
Father Paul

Worship at Ufford and Melton

Everyone Welcome to Services

JULY

Sun 7th TRINITY 6 Corpus Christi

08.00 am Holy Communion BCP at Melton

10.00 am Parish Eucharist at Ufford

10.00 am Morning Worship at Melton

Sun 14th TRINITY 7

08.00am Holy Communion BCP at Ufford

10.00 am Eucharist at Melton

Sun 21st TRINITY 8

08.00 am Holy Communion BCP at Melton

10.00 am Parish Eucharist at Ufford

10.00 am Morning Worship at Melton

Sun 28th TRINITY 9

08.00 am Holy Communion BCP at Ufford

10.00 am Eucharist at Melton

Please check the church website for updates and the church calendar

Live Church Calendar www.uffordchurch.org.uk

Food Banks - donations welcome to the 'Little Pantry' at St. Andrew's Church, Melton and Collection Box at Ufford Church.

Thank you. **Jenny Searle**

Online Prayer Resources

https://pray-as-you-go.org/home/

https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

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KIDZONE

HOW MUCH DO YOU KNOW ABOUT BIRDS?

Q1. Which garden birds are likely to use a bird box?

1. Blue Tit
2. Great Tit
3. Nuthatch
4. Wren
5. Robin
6. All the above

Q2. When do birds start building their nest?

1. December
2. When they can be bothered
3. Early January
4. Late March and early April

Q3. What might birds use to make their nests?

1. Leaves
2. Moss
3. Feathers
4. Cobwebs
5. Wool
6. All the above

Q4. How many eggs will a Blue Tit lay in it's nest?

1. Typically, up to 14
2. Only 1
3. Maybe 20
4. Typically, 25

Q5. How often does the female Blue Tit lay her eggs?

1. Four per day
2. One per week
3. One per month
4. One per day

Q6. After the young birds have hatched, what do the parents feed them?

1. Caterpillars
2. Bits of Beefburger
3. Bread
4. Nuts

Q7. How many Caterpillars will a young Blue Tit need to eat every day?

1. About 100
2. About 2
3. About 10
4. About 4

Q8. How often do the parents need to feed their young?

1.Once a day
2. When they feel like it
3. Once every hour
4. Roughly every half hour throughout the day

Q9. What other creature might use a nest box for shelter, other than birds?

1. Bees
2. Bats
3. Butterflies
4. Spiders
5. All the above

Q10. What creatures might attack the nest box to eat the eggs or the young birds?

1. Squirrels
2. Rats
3. Woodpeckers
4. All the above

Quiz devised by Chris Reading

ANSWERS: Q1: 6 Q2: 4 Q3: 6 Q4: 1 Q5: 4 Q6: 1 Q7: 1 Q8: 4 Q9: 5 Q10: 4

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